

Statistics Report 19077, Baking chocolate, unsweetened, liquid

Report Date: June 26, 2017 16:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	0.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Energy	kcal	472	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Energy	kJ	1975	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2004
Protein	g	12.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Total lipid (fat)	g	47.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Ash	g	3.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Carbohydrate, by difference	g	36.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary	g	18.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	12/1997

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	54	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Iron, Fe	mg	4.15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Magnesium, Mg	mg	265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phosphorus, P	mg	340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Potassium, K	mg	1166	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Sodium, Na	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Zinc, Zn	mg	3.68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Copper, Cu	mg	1.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Manganese, Mn	mg	1.650	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Selenium, Se	µg	7.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Riboflavin	mg	0.279	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Niacin	mg	2.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Pantothenic acid	mg	0.154	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamin B-6	mg	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Folate, total	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Folate, DFE	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Lipids													
Fatty acids, total saturated	g	25.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
6:0	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	1.590	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
10:0	g	1.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
12:0	g	9.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
14:0	g	3.630	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:0	g	6.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:0	g	3.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Fatty acids, total monounsaturated	g	9.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:1 undifferentiated	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:1 undifferentiated	g	9.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Fatty acids, total polyunsaturated	g	10.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	10.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:3 undifferentiated	g	0.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Amino Acids													
Tryptophan	g	0.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Threonine	g	0.481	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Isoleucine	g	0.471	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Leucine	g	0.737	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Lysine	g	0.609	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Methionine	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cystine	g	0.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.584	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Tyrosine	g	0.456	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Valine	g	0.730	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Arginine	g	0.689	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Histidine	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Alanine	g	0.561	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Aspartic acid	g	1.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glutamic acid	g	1.828	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glycine	g	0.545	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Proline	g	0.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

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Serine	g	0.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Other													
Caffeine	mg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Theobromine	mg	1597	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997